

CAN AN ONLINE, LOW-INTENSITY TEACHER TRAINING PROGRAMME IMPROVE IDENTIFICATION OF AND RESPONSE TO MENTAL HEALTH DIFFICULTIES? A FEASIBILITY STUDY OF AT-RISK FOR ELEMENTARY SCHOOL EDUCATORS

AIM: To explore the feasibility of a one hour, online, simulation-based mental health training programme in UK primary schools.

BACKGROUND

SCHOOL STAFF OFTEN ARE NOT CONFIDENT TO IDENTIFY AND RESPOND TO MENTAL HEALTH DIFFICULTIES



TRAINING COULD HELP

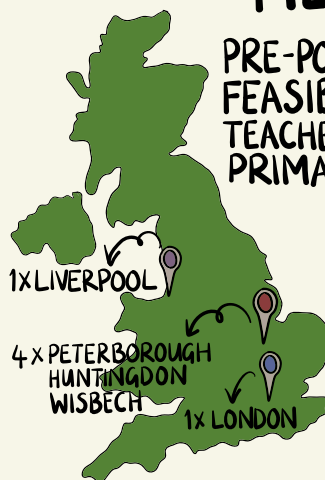
KOGNITO'S AT-RISK FOR ELEMENTARY SCHOOL EDUCATORS HAS BEEN FOUND TO BE HELPFUL IN THE USA BUT HAS NOT BEEN TESTED IN THE UK



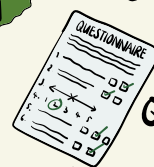
METHODS

PRE-POST NON-RANDOMISED FEASIBILITY STUDY WITH TEACHERS & TAs IN SIX PRIMARY SCHOOLS

MIXED METHODS



INTERVIEWS



QUESTIONNAIRES

- OUTCOMES:
- 1 TEACHER/TA CONFIDENCE AND PREPAREDNESS
 - 2 IDENTIFICATION RATES
 - 3 MENTAL HEALTH SUPPORT
 - 4 ACCEPTABILITY & PRACTICALITY OF PROGRAMME FOR SCHOOLS

RESULTS

N=108

N=70

1 WEEK

START

N=89

N=8

3 MONTH



IDENTIFICATION RATES STAYED THE SAME BUT ACCURACY IMPROVED



AFTER TRAINING...

- TEACHERS & TAs DISCUSSED & DOCUMENTED CONCERNS MORE OFTEN
- CONFIDENCE & PREPAREDNESS INCREASED
- MORE PUPILS RECEIVED IN-CLASS AND IN-SCHOOL SUPPORT
- NO INCREASE IN EXTERNAL SUPPORT OUTCOMES (E.G. CAMHS)



TRAINING WAS ACCEPTABLE AND PRACTICAL FOR SCHOOLS

IMPLICATIONS FOR PRACTICE & RESEARCH



6 SCHOOLS



POTENTIALLY FEASIBLE



FURTHER DEVELOPMENT



LARGER TRIAL

